

Nutrition & Meal Prep

Educational nutrition notes. Targets are individualized. Avoid extremely low-calorie diets without medical guidance.

Protein

- Many adults: about 1.2-1.6 g protein per kg ideal or adjusted body weight, set by your provider. Spread across the day.

Fiber and gut support

- Increase fiber gradually with fluids. Vegetables, berries, chia, flax, small portions of whole grains.
- Probiotic foods (yogurt, kefir) are optional. Focus first on hydration, protein, and fiber.

Plate

- Protein first. Fill most of the plate with non-starchy vegetables. Add measured carbs and fats as tolerated.

Calories (educational only)

- A moderate deficit is commonly used. Aggressive restriction is usually unnecessary. Prioritize protein and nutrient quality.

Sunday prep / daily plate

- 60-90 min: cook proteins, roast vegetables, portion carbs and fruit.
- Daily: protein + large volume of vegetables +/- measured carbohydrate. Snacks if needed: protein-focused.